

[Exercise apparatus and method for tracking number of steps]

Abstract

Disclosed is an exercise apparatus for use in accurately and automatically tracking number of steps taken by a user both on and off of an exercise machine. The apparatus comprises a step counter such as a pedometer for counting number of steps taken by a user, the step counter continually counting cumulative number of steps taken in a given time period both while the user is on and off of the exercise machine, the step counter having a first communication means for periodically communicating the current cumulative step count to a console of an exercise machine while the user uses the exercise machine; and, the console comprising, a second communication means for receiving the current cumulative number of steps from the step counter while the user uses the exercise machine. The apparatus may further comprise a data processor, a display and a memory means.